



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 16004, Yokan, prepared from adzuki beans and sugar

Report Date: July 05, 2017 00:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	35.45	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	260	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Energy	kJ	1088	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.29	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	0.42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	60.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Minerals													
Calcium, Ca	mg	27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	1.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	83	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Fatty acids, total monounsaturated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Fatty acids, total polyunsaturated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Amino Acids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	0.513	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986